

WEEKLY TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
6-7	Evening Exercise	Evening Exercise	Evening Exercise	Evening Exercise	Evening Exercise		
7-8	Relax/Prepare for bed	Relax/Prepare for bed	Relax/Prepare for bed	Relax/Prepare for bed	Relax/Prepare for bed	Relax/Prepare for bed	Relax/Prepare for bed
8-9	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9-10	Work	Work	Work	Work	Work		
10-11	Work	Work	Work	Work	Work		
11-12	Work	Work	Work	Work	Work		
AFTERNOON							
12-1	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1-2	Work	Work	Work	Work	Work		
2-3	Work	Work	Work	Work	Work		
3-4	Afternoon Exercise	Afternoon Exercise	Afternoon Exercise	Afternoon Exercise	Afternoon Exercise		

Study Math	Study Math	Study Math	Study Math	Study Math		
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EVENING

Dinner

Dinner

Dinner

Dinner

Dinner

Dinner

Evening Exercise

Evening Exercise

Evening Exercise

Relax/Prepare for bed

Relax/Prepare for bed

Relax/Prepare for bed

Relax/Prepare for bed

Relax/Prepare for bed

Relax/Prepare for bed

Relax/Prepare for bed